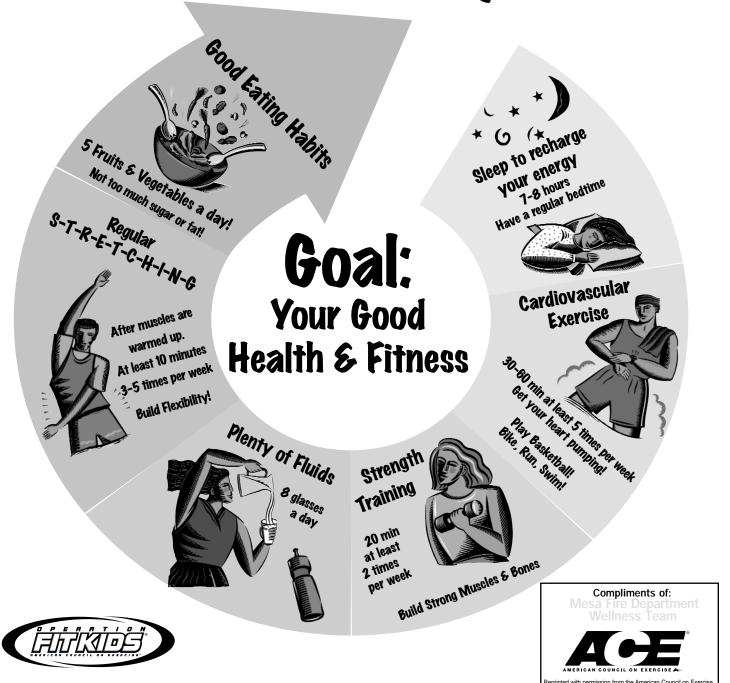
Fun Fit Facts

FROM THE AMERICAN COUNCIL ON EXERCISE®

Your Exer-Cycle



If you are interested in information on other health and fitness topics, contact American Council on Exercise 4851 Paramount Drive • San Diego, CA 92123 • www.ACEfitness.org/fitfacts • 800-825-3636 • Find more Fun Fit Facts at www.OperationFitKids.org